

# 30% INCREASE

## IN MUSCLE STRENGTH IN JUST 8 WEEKS\*

\* An 8-week, randomized, double-blind, placebo-controlled study of 33 healthy men compared the effectiveness of this proprietary module of whey protein and leucine vs. an isocaloric carbohydrate placebo consumed before and after resistance training. Subjects consuming the leucine-whey protein supplement experienced greater increases in muscle strength than those on the placebo. Leucine-whey protein supplementation also increased muscle cross-sectional area from baseline.

† When used in conjunction with an exercise program.  
 ‡ In an 8-week, randomized, double-blind, placebo-controlled study of 30 healthy male volunteers comparing 1 set resistance training (RT) + active or carbohydrate placebo to 2 sets RT alone with no supplement, the active group showed equal gains in maximal muscle strength and muscle endurance compared to the control group.  
 § In a double-blind, randomized, placebo-controlled crossover study, 25 subjects exercised on a treadmill on two occasions. On one occasion the subjects took the thermogenic blend before exercise and on the second occasion, they took a placebo. When the subjects took this blend, they burned three times more calories before, 3% more calories during and 12 times more calories after exercise compared to when they took the placebo.



**NOTICE:** Use this product as a food supplement only. Do not use for weight reduction. Product sold by weight not volume. Significant product settling may occur.

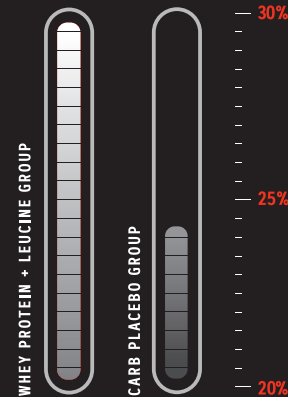
Capsimax® trademark belongs to OmniActive Health Technologies. Velositol® and its associated logo is a trademark of Nutrition 21, LLC. Velositol® is patent protected.

**KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

For More Information: 1-888-462-2548 GNC.com

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PERCENT CHANGE



ADVANCED MUSCLE PERFORMANCE

# WHEYBOLIC™ RIPPED

CLINICALLY PROVEN PROTEIN + THERMOGENIC

Proven to Increase Muscle Strength & Size in Just 8 Weeks\*\*

Proven to Burn 3X More Calories\*\*\*



CHOCOLATE PEANUT BUTTER

NATURAL + ARTIFICIAL FLAVORS

40g PROTEIN†

15g EAA‡

6.2g LEUCINE‡

500mg VELOSITOL®‡

200mg CAFFEINE‡

†Per 2 scoops

DIETARY SUPPLEMENT

NET WT 42.3 OZ (2.6 LB) 1199 G

22 SERVINGS

CODE 023464

**DIRECTIONS:** As a dietary supplement, consume 2 scoops in 8 fl. oz. of cold water or your favorite beverage. WheyBolic™ Ripped can be consumed first thing in the morning, pre-workout and/or post-workout. For maximum results, reference usage benefits and consume 2 scoops twice daily. Do not exceed recommended dose per day. Do not combine with other caffeine containing products. Do not take near bedtime.

## Supplement Facts

Serving Size 1 Scoop (27.25 g) 2 Scoops (54.5 g)  
 Servings Per Container 44 22

Amount Per Serving	% Daily Value	% Daily Value
Calories	100	200
Total Fat	1 g 1%†	2 g 3%†
Saturated Fat	0 g 0%†	0.5 g 3%†
Cholesterol	10 mg 3%	20 mg 7%
Total Carbohydrate	3 g 1%†	6 g 2%†
Dietary Fiber	0 g 0%†	<1 g 3%†
Total Sugars	1 g *	2 g *
Protein	20 g 40%	40 g 80%
Niacin (as Niacinamide)	10 mg 63%	20 mg 125%
Calcium	90 mg 7%	180 mg 14%
Chromium (as Chromium Picolinate & Chromium Histidine)	125 mcg 357%	250 mcg 714%
Sodium	110 mg 5%	220 mg 10%
Potassium	165 mg 4%	330 mg 7%

L-Leucine (from Micronized L-Leucine, Whey Protein Isolate, Hydrolyzed Whey Protein)	3.1 g *	6.2 g *
Velositol® (Amylopectin/Chromium Complex)	250 mg *	500 mg *
Enzyme Blend (Blend of Lactase & Bromelain)	200 mg *	400 mg *
Caffeine Anhydrous	100 mg *	200 mg *
Capsimax® Capsicum Extract	16.67 mg *	33.34 mg *
Piperine (as Black Pepper Extract)	2.5 mg *	5 mg *

† Percent Daily Values are based on a 2,000 calorie diet.  
 \* Daily Value not established.

**OTHER INGREDIENTS:** Protein Blend (Whey Protein Isolate, Hydrolyzed Whey Protein), Cocoa Powder (Processed with Alkali), Natural & Artificial Flavor, Sunflower Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono & Diglycerides, Natural Tocopherols, Tricalcium Phosphate), Salt, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Sunflower Lecithin, Acesulfame Potassium, Silicon Dioxide.

**CONTAINS:** Milk.

Distributed by: General Nutrition Corporation, Pittsburgh, PA 15222 USA

**WARNING:** Consult your physician prior to using this product if you are pregnant, nursing, taking medication, or have a medical condition. Discontinue use two weeks prior to surgery. Niacin may cause a temporary flushing reaction.

2 scoops supply 200 mg of caffeine.  
 Gluten Free, No Soy.



## SUPERIOR PERFORMANCE PROTEIN

Enhanced with More LEUCINE than Standard Whey Protein

Elevated Muscle Fuel for Muscle Growth & Recovery\*\*

Features Only Premium, Ultra-Pure, Fast-Digesting Protein

Only Whey Hydrolysates and a Clinical Core of Whey Isolate & Leucine to Improve Strength\*\*\*

Enhanced with VELOSITOL® & LEUCINE To Accelerate Muscle Protein Synthesis\*\*\*

Featuring CAFFEINE, CAPSIMAX® & NIACIN Supporting Intense Energy, Mental Focus & Increased Calorie Burning\*\*\*

## USAGE BENEFITS

**For Pre-Workout & Cardio**

Clinically Proven Support for Strength, Performance & Stamina, Plus Energy & Metabolism Support for Superior Results & Increased Calorie Burning\*\*\*

**For Post-Workout & Cardio**

Provides Fast-Digesting Whey Isolate & Hydrolysates Plus Leucine to Fuel Muscle Support & Recovery Plus a Thermogenic Blend Proven to Increase Calorie Burning by 12 Times After Exercise\*\*\*

**On Non-Training Days & Between Meals**

Provides High-Quality Protein & Critical Amino Acids to Fuel Muscles while you Recover from Intense Training while Providing Energy & Metabolism Support\*\*

If it's on our labels, then it's in our bottles. Full dosing, full transparency and no proprietary blends. Clinically studied ingredients backed by real science. The most effective and premium performance protein available. Get ripped.

°EAA = essential amino acids